

SOS Stress



Relax Your Body

Breathe slowly and deeply from your abdomen.

Picture yourself as a rag doll-feeling limp, loose, flexible and relaxed.

Relax your muscles. First tense your muscles for five seconds, then release the tension. Begin with your head and work down your neck, shoulders, back, stomach, arms, buttocks, legs and feet. Return to any muscle groups that are tense and repeat.



Relax Your Mind

Look at what you are saying to yourself!

Talking positively to yourself may reduce your level of distress. Dr. Allen Elkin (Stress Management for Dummies) suggests saying the following-

- I can cope
- Do not assume the worst will happen
- Do not make this a bigger deal than it is



Take the Stress Out of Your Situation

Review your options! Make positive changes in your environment. Remove if possible or reduce the noises, lights, objects and smells.

Take a break! Get up and stretch and walk, get some fresh air.

Some situations cannot be changed. Accept what cannot be altered or avoided.